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## Iraq hostage survivor addresses group at Pat Thompson Center

BY ART FRITH  
NSA SUPPORT ACTIVITY PUBLIC AFFAIRS

For most of us, the war in Iraq and the related kidnappings and killings are something we only see on the nightly news programs, or in newspapers. This story was brought home last Wednesday when an up-close, personal account was told to attendees at a Terrorism Conference held at the NSA Mid-South Pat Thompson Conference Center.

Roy Hallums, a retired Navy commander who lives in Cordova, is only the second American hostage to be rescued, with the first being Army Pvt. Jessica Lynch. His 311-day ordeal began on Nov. 1, 2004, when armed gunmen conducted an assault on the compound where he, and Robert Tarongoy of the Philippines, was working in Baghdad's Mansour district. At the time, the two were working for a Saudi company which provided catering for the Iraqi army. During the attack, one security guard and 20 attackers died in the subsequent gunfight.

Hallums said that following their abduction, he and Tarongoy were first taken to an area near Fallujah at a time when the U.S. Marines were engaged in fierce fighting to take control of the city. They were kept blindfolded and bound with zip ties and moved at the end of each week. "We were allowed to bathe every two or three months and that's when we'd get new clothes," said Hallums. Eventually, he was taken to an isolated farm house 15 miles south of Baghdad and placed in a small, unlit, underground concrete cell, which he described as, "... all of four and half-feet high." This dark pit would be his home for the next 10 months. Hallums explained, "Often there were other hostages in the cell with me, upwards of nine at one point. We were all blindfolded and bound with our hands tied behind our backs with nylon straps. With our hands and feet both bound, we could hardly move."

Hallums' kidnapping came just two months after Abu Musab al Zarqawi kidnapped and beheaded a British and American hostage and four other contractors had been kidnapped, killed, and their mutilated and burned bodies were hung from a bridge in Fallujah. "When those guys burst through the doors and said, 'Come with us or we'll kill you,' that's the first thing that came to mind," Hallums said. "I thought, 'Well, am I going to be in a video tomorrow or what?'"

Three months after his kidnapping, a video of Hallums was released in which he said he worked with American forces and was arrested by a resistance group in Iraq. In being readied for the video, Hallums said "A guy is standing there with a gun telling you 'Memorize this,' I said what they told me to say. Even though this was a potentially life-threatening situation, it did have its humorous moments," as Hallums recalled, "The FBI asked



Roy Hallums talks about his hostage ordeal in Iraq during his presentation at last week's Terrorism Conference held at the Pat Thompson Center. (Photo by Art Frith)

See Hostages, 5

## Youth DEFY drugs and the heat

BY MEGAN CRENSHAW  
BLUEJACKET SPECIAL CORRESPONDENT

While the stereotypical defiant adolescent might be one that defies authority, for approximately 40 NSA Mid-South youth, defiance this summer meant defying peer pressure, 100+ degree heat and, most significantly, the influence of drugs.

These youth were participating in the DEFY program, which stands for "Drug Education for Youth" and is a self-esteem building program that provides kids with the tools they need to resist drugs, gangs and alcohol. Initially developed by the Drug Demand Reduction Task Force, DEFY is a two-phase program youth ages 9-12 from military families. For the NSA youth, the program began with a five-day summer camp at Camp Tombigbee near Tupelo, Miss., and will be followed by a year of mentoring.

The program is managed by personnel from commands throughout NSA Mid-South that volunteer their time to serve as mentors and role models for the youth.

RP2 Edmond Garrett explained how he and MA2 Eric Freeman became in charge of the Millington area, the largest DEFY program in



Youth from NSA Mid-South play soccer during their recent Drug Education for Youth (DEFY) summer camp. DEFY is a self-esteem building program that provides kids with the tools they need to resist drugs, gangs and alcohol; it begins with a five-day camp and continues through the following year with a mentoring program. (Photo by Megan Crenshaw)

the Navy. "The DEFY program has probably been around for 10 years," he said. "The guy who was in charge asked me to take over because he was retiring. So, Coach Freeman and I took the helm. We took classes in San Diego and now we run the program."

DEFY not only teaches the kids not to do drugs, but how to maintain good health and have good manners. This is done through a variety of lessons, ranging from camp sing-a-longs to video presentations to soccer and kickball. And with the high temperatures, the kids also got additional lessons in the importance of maintaining good hydration in the face of heat stroke. "In soccer, all you do is run around," said Mailicia Draine, a sixth grader at Millington Middle School. "You're really going to get dehydrated that way!"

Though soccer may not have been a big hit, the kids' favorite part of DEFY overall was the sports. "I like the games because it shows a lot of teamwork and they give 110 percent," Corey Bostick, an eighth grader at Craigmont Middle School, said.

Some of the other activities they did included a magic show in the boys' barracks before bed and one before lunch, as well as arts and crafts.

Dancing, as well as singing, took place in the girls' barracks before bed during DEFY Idol (as opposed to

See DEFY, 4

## Chief advancement quotas announced

BY SHARON ANDERSON  
CHIEF OF NAVAL PERSONNEL PUBLIC AFFAIRS

Selecting just more than 4,800 sailors to join the ranks of chief petty officer this September, the Navy is achieving its goal to alleviate large fluctuations in advancement opportunity.

"This promotion cycle balances maintaining healthy and competitive advancements for our Sailors competing to wear khakis, while reducing large fluctuations in future cycles," Vice Adm. J. C. Harvey Jr., the chief of naval personnel, said. "Our goal is to smooth advancement quotas from cycle to cycle in each rating."

Advancement opportunity is at 24.20 percent, a decrease of 2.77 percent from last

year, but still 2.26 percent above fiscal year 2006. Average advancement opportunity for the four previous cycles is 24.94 percent.

"We hope to keep our advancement opportunity from wide fluctuations from cycle to cycle," Lt. Cmdr. Juliet Cook said, advancement planner. "Right now we see future cycles' opportunity in the 24 or 25 percent range."

The selection board, convened June 26 in Millington, reviewed the records of 19,870 E-6s, an increase of 224 from last cycle, to fill the 4,808 quotas, a dip of 490 from the last board.

Six new or merged communities are part of the E-7 board for the first time this year. New for special warfare are four communities - Navy Diver, Explosive Ordnance Disposalman, Special Warfare Boat

Operator and Special Warfare Operator. Two new ratings from merging communities are the Mass Communication Specialist rating, which merges Journalist, Photographer's Mate, Lithographer and Illustrator/Draftsman, and the Personnel Specialist rating, merging Personnelman and Disbursing Clerk.

Notable opportunity increases this cycle are in the Yeoman (submarines) rating with 68.75 percent advancement and 33 quotas, rising from 18.42 percent opportunity and seven quotas from FY06 rates. Also showing strong opportunity is Boatswain's Mate at 60.78 percent with 203 quotas, rising from 46.29 percent and 181 quotas last cycle.

Two communities seeing a decrease from

See Quotas, 4





COMMENTARY



Moving on: In the Navy, no one stays in one job for too long.



BY FLTCM(AW/SW)  
JON R. THOMPSON

Shipmates, you are all aware that in the Navy no one stays in one job too long. This is true for old master chiefs also. This is my last column as your fleet master chief. It's hard to fathom that two years have passed by this quickly. Since my last chance to speak to many of you will be through this article, I wanted to share some final thoughts, and say thanks to some people who have helped me over the course of this tour.

In my previous articles, I

provided information that I thought was important to you and your family. Most of it was factual and little personal opinion on my part. I want to break that tradition now and share some of my thoughts about a couple of items that I feel are very important:

First, the global war on terror is not going to be a quick win. The enemy is world-wide and hard to find. The Navy along with the other services is committed to doing whatever it takes to find and punish those who wish to do us and our allies harm. I'm sure most are aware that the Navy is increasing the number of sailors who will fill Individual Augmentee assignments in Iraq and Afghanistan. I want all of you to understand that everyone who wears a Navy uniform is subject for assignment as an IA. That means you must be ready to deploy at any time. Your family matters, medical and financial affairs must all be ready for you to depart with-

in 30 days. Your failure to be ready means that one of your shipmates will have to take your spot and will place an undue burden on them and their families. We talk about the importance of being a shipmate and this gets right to the heart of the matter. U.S. sailors live to a higher standard of teamwork and dedication to our peers. Please don't let one of your shipmates down.

Second, take care of your family. Every day I read of sailors who in some shape or fashion did something stupid that affected their family. I can't think of one instance that could not have been prevented. You have an obligation to care for your family, to stay out of financial debt and to be a positive role model. Even if you stay in the Navy for 30 years, eventually that will come to pass and your family will still be there. Design a good work-life plan that takes care of both your career and your loved ones.

Third, make time for your formal education. I know there are lots of you who say you joined the Navy because you did not want to go to college. OK, get it and can respect it. But, if given the resources to better yourself, why would you not want to take advantage of it? Don't be naive and think that you will have all the free time in the world after you leave the Navy to attend school. I think almost all of you will have to work and take care of your family after the Navy. Please consider your personal growth as something you owe to yourself.

There are some great Americans that I want to publicly thank. My two counter parts, the Pacific and Europe fleet master chiefs, the force master chiefs and the CNO-directed command master chiefs. These men and women have dedicated a good portion of their careers working to make your time in the Navy as rewarding and prosperous as

possible. All of them spend a big part of their time away from their families, attended meetings and conferences, providing input and recommendations to the leadership who decide the policies that shape our Navy. When you have a chance to talk with one of these Master Chiefs, tell them you appreciate their sacrifices. Also make sure you thank your command master chief. They too are doing what they do because they are compelled to make this Navy a place where everyone wants to work.

Over the past two years, I have had the honor and privilege of working with MCCM Gregg Snaza. Gregg is the journalist who is responsible for my column being published. Actually, it goes further than that. Gregg is the one who does all the research and the first cut of all of the work you have read in the papers. For almost two years, Gregg would work at putting an article together once a week. That's over one-hundred

and fifty articles that he formulated, researched and wrote. I had the easy part of reading his work and making minor changes (sometimes, no changes at all!) I've received numerous nice comments about different articles and wanted all of you who sent one in know that it is Gregg Snaza who deserves the credit.

Lastly, I want to thank each and every one of you who wears a sailor uniform. You are very special men and women who volunteered to serve and protect our great nation. I have seen you work 30 hours straight and have a smile on your face. I have seen you dip deep into your wallet to help a shipmate, you don't even know, go off on emergency leave. I've watched you leave your family and friends not really knowing when you would return. You do all of these things, because to you, it's the right thing to do. Nothing more. It has been my greatest honor serving you. Take care, be safe.

OOOOPS!

Welcome to the latest edition of "Ooops!". This week, another sailor gets lit up, another lawnmower operator gets a bit lopped off, and another mystery remains unsolved.

Latest member of the "Socket To Me, Baby" club was an MMFA in a main machinery room. He reached up to push a string of temporary lights out of his way. The lights were plugged in and turned on, but the section he was trying to move wasn't lit, in part because a bulb was missing, and yes, your outstretched finger will fit neatly into the empty socket. Chalk up another "Brrrrzzaaapp!"

That's why they invented flashlights.

In an effort to forestall the initial Culpepper of the season, we prepared two lawn-centric debacles from last summer. An AO2 was cutting his grass when a branch got stuck in the discharge chute. Having neglected the reasonable advice that you pick up sticks, rocks, toys, cans and other non-grass whatnot before you start mowing, he also ignored the reasonable advice that you kill the engine before reaching into the discharge chute (a pair of heavy gloves wouldn't have hurt either). He got the branch, but he also got a half-inch gash in his right index finger. The second mishap was more serious. An IT1 was mowing on a down slope by a ditch, slipped, and shoved his foot under the machine and into the blade, which

as we have often observed, doesn't know how to distinguish between flesh and fescue. The next time he plays "This Little Piggy," there isn't going to be one to cry "Wee, wee, wee" all the way home. He spent five days in the hospital and three months either off work or on LIMPDU.

Alas, the first Culpepper arrived before we could go to print with our well-intentioned heads-up. In Hawaii, an ET1 was mowing a downward slope in his lawn. He slipped and shoved his left foot under the mower (Gene, cue up that carrot-in-the-blender sound effect). The blade tore off his sneaker and inflicted what the report called "a six-inch laceration" in his big toe (which it broke) and his foot. An ambulance ride and two hospital visits later, surgeons were poking around in the gash, removing bits of grass and leaves, and resetting the bone with wires. He got a month to convalesce for starters.

Got a mower? Got a slope? Get some boots.

That's all for this week, amigos. Until we meet again, please reflect on the fact that the ET1 in paragraph B had been cutting grass for 20 years. You'd think that would be enough time to get pretty darn good at something, but sometimes it just gets you comfortable taking unnecessary risks. Just because you have gotten away with it so far is no guarantee that you will beat the odds forever.

CORRECTION

In last week's edition of *The Bluejacket*, it was incorrectly stated that registration for Shelby County Schools will be held on Aug. 7. Registration will actually be held on Aug. 2. For more information, call 321-2500, or visit [www.scs.k12.tn.us](http://www.scs.k12.tn.us).

CALENDAR OF EVENTS

**Cruise down to the Square** tonight and enjoy a special night at the Sunset on the Square Summer Concert series with "Classic Car Night" and the great sound of The Decades, a 50s and 60s band, perform tunes such as "Mustang Sally" by Wilson Pickett, "Twist" by Chubby Checker, and "Yesterday" by the Beatles. The free concerts are held every Thursday in July from 7-9 p.m. at the bandstand in Confederate Park located at the corner of Mulberry and Main Streets in downtown Collierville. Please, no pets or alcohol allowed. **Lifeblood will be at the following locations Monday** for volunteer blood donors: Navy Personnel Command, Whitten Building (791), 9 a.m. - 3 p.m.; Lassen Bldg. (457), 2nd floor, room 210, 9 a.m. - 3 p.m.; Navy Recruiting Command, Building (784), 8 - 11 a.m.; Naval Branch Health Clinic Mid-South (771), Mobile Unit, 9 a.m. - 3 p.m.; NAVMAC-Mobile Unit, 12:30 - 3 p.m.; and U.S. Army Corps of Engineers (787), 9 a.m. - 3 p.m.

**A Retired Activities Seminar**, for all military Retirees from all branches of the U.S. Armed Forces, will be held on July 29th at the Helmsman Complex from 8:30 a.m. - 2 p.m. The event is hosted by the Fleet & Family Support Center. Call 874-5075 (or toll-free @ 1-866-225-8582) for more information.

**A Basic Hazardous Waste Facility Operator's Course** is scheduled for 8 a.m. - 4:30 p.m. Aug. 7-9 Bldg. S-241, Room 231. Also, a Hazardous Waste Facility Operator's Review Seminar will be held Aug. 10 from 8 a.m. - 4:40 p.m. in Bldg. S-241, Room 231. This training is required for those personnel who handle hazardous waste in a designated accumulation area at NSA Mid-South. Nominations to either class must be submitted by close of business on July 31. Contact Larry Jones @ 874-5317.

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Chaplain's Corner

LIVE HAPPIER AND LONGER!!

BY CHAPLAIN ROB BEEDE

When Jesus said, "I have come that you might have life, and have it more abundantly," he wasn't kidding!

A recent study found that people who actively practice their religious faith, on the average, live 7 to 14 years longer than those who don't. Some 126,000 people participated in the study. It was found

that just believing was not enough. Practicing their faith and attending religious worship made the difference.

Worshipping God with other people adds feelings of love, gratitude, hope, humility and optimism to a person's life. Attending worship also has other benefits. It reduces stress as it helps us

see God's care for us and His work in our lives. By worshipping God, praying, and actively living your faith, you can live a longer, fuller and more abundant life.

Please feel welcome to attend Chapel worship. We offer two worship services every Sunday at 8:30 and 10:30 a.m. For more information please call 874-5341.

Crossword:

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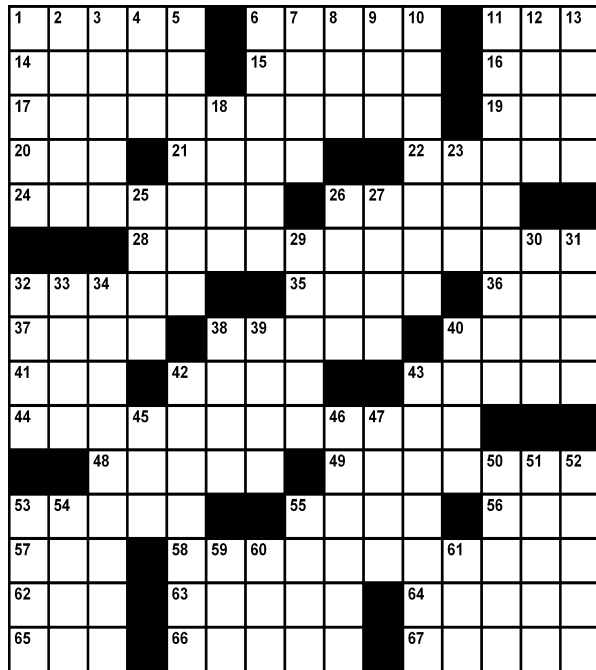
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ACROSS

- 1 A la \_\_\_\_
- 6 Crush grapes, in a way
- 11 Tango requirement
- 14 Spacious window
- 15 Paramecium propellers
- 16 Divest
- 17 Versailles agreement, e.g.
- 19 Fuss
- 20 Campaigned
- 21 Commands to horses
- 22 Asocial type
- 24 Nimble Fred
- 26 Some revolve
- 28 Certain collectors' items
- 32 Barn bundles
- 35 Can't do without
- 36 "... I saw Elba"
- 37 Pretty penny
- 38 Tea storage unit
- 40 What broken bones do when healing
- 41 \_\_\_\_ up (accelerate)
- 42 Good chunk of Mongolia
- 43 Some are blind
- 44 Comical GI
- 48 Like some eyes
- 49 Highway nuisances
- 53 Xenophobe's fear
- 55 "The Mocked" painter
- 56 Stand-up shtick
- 57 Result of a diplomacy failure,

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- 58 Foundation
- 62 Furthermore
- 63 Once-popular anesthetic
- 64 Rib
- 65 "I've Seen All Good People" band
- 66 Stores
- 67 Stuffed
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- 2 Some geometric findings
- 3 Pleasingly mirthful
- 4 Gumshoe
- 5 Mournful poems
- 6 Bug repellent, of a sort
- 7 Connections
- 8 Ending for pay or can
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- 10 Rocket's cargo
- 11 Fly-by-night
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- 18 Prefix meaning "trillion"
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- 25 Support the scofflaw
- 26 Closing document
- 27 Follow orders
- 29 Kipling's homeland
- 30 Strange-sounding waterway?
- 31 Studio structures
- 32 Cutting remark
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- 34 Sweethearts or some parrots
- 38 Admitting both sexes



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- 40 Clobber convincingly
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- 45 Golfer's prop
- 46 Slackers and loafers, e.g.
- 47 Impolite look
- 50 It tried to avoid charges?
- 51 Dentist's direction
- 52 Mount for Lancelot
- 53 Far partner
- 54 Girlfriend for Kent
- 55 Was acquainted with
- 59 Hall of Famer Mel
- 60 Pi-sigma connection
- 61 Hyson, for one

CROSSWORD PUZZLE ANSWERS





# Former President George H.W. Bush attends island landing

By MCSN CASANDRA NEWELL  
FLEET PUBLIC AFFAIRS CENTER ATLANTIC

Former President George H.W. Bush witnessed a milestone July 8 at Newport News Shipyard, Newport News, Va., in the construction of the aircraft carrier named in his honor. The final super lift for *George H.W. Bush* (CVN 77) was made when a crane capable of lifting massive weight delivered the 700-ton island structure to complete the ship's major construction.

The 41st president of the United States was accompanied by the Secretary of the Navy Donald C. Winter, *George H.W. Bush's* prospective commanding officer Capt. Kevin O'Flaherty, and former first lady Barbara Bush and their daughter, Doro Bush Koch. "This is maybe the nicest thing that has ever happened to me, and you're looking at a guy who's had more than his fair share of nice things happen to him. They've named this ship

for me, and I'm not even dead yet," Bush said.

Future *George H.W. Bush* crewmembers were also on hand to witness the event. Bush administered the oath of reenlistment to MM1 (SW) Valarie Payton.

Her reaction to receiving the reenlistment oath from a former U.S. president was not that surprising. "I was very nervous," she said. Commenting on her decision to reenlist and join the crew of *George H.W. Bush*, Payton said, "I've always wanted to be a plank owner before I retire." QM2 Heather Shakingbush was enthusiastic about joining the crew. "I love it. It's a good command and a good atmosphere," Shakingbush said.

CVN 77 will be the 10th and final ship in the Nimitz class of nuclear-powered carriers. The island design will include several navigational and communication upgrades that will make it possible for the carrier to function with a smaller crew.



Aboard *George H.W. Bush* (CVN 77), the ship's namesake and 41st president of the United States, George H.W. Bush, left, observes the super lift island landing ceremony, the last of 162 super lifts scheduled during the construction of the ship, placing the 700-ton superstructure on the ship's flight deck. CVN-77 the tenth and last Nimitz-class aircraft carrier is scheduled for delivery to the U.S. Navy in late 2008. (Photo by MC2 Robert J. Stratchko)

# NASA explores capsule recovery program aboard USS Pearl Harbor

By MC1 (SW) REBEKAH ADLER  
AMPHIBIOUS GROUP 3 PUBLIC AFFAIRS

In the search for new ways to conduct space exploration, NASA representatives paid a visit to USS *Pearl Harbor* (LSD 52) recently to review the option of using amphibious ships as recovery vehicles for future spacecraft and astronauts making up the new Constellation program.

NASA's visit to *Pearl Harbor* included a tour of the flight and well decks, medical facilities and berthing areas.

"We've researched a lot of options, and it helps to have the hands-on experience," retired Capt. Bob Nordgren, a San Diego-based consultant for the Constellation program, said. "These visits help us see

what available means the Navy has." NASA representatives believe the Constellation plan will provide greater capabilities and be more cost effective than the current space shuttle program.

If a ship like *Pearl Harbor* were chosen to support the Constellation program, personnel aboard would need to be able to accommodate the astronauts and their equipment, providing everything from medical services to berthing amenities. According to one Constellation program representative, Michael Smith, "Choosing the right platform takes many steps and planning." The proposed plan would not take effect until 2011, but NASA is preparing now to make sure they have all their needs met." I was very impressed with this ship; it has tremendous

capability," said NASA's Ground Support Logistics Chief, Harold Heimmer.

As for the ship's crew members who helped with the tour, QMC (SW) James Weisnberg was flattered the LSD-class was considered for NASA's Constellation program. "This is awesome how NASA is looking into the Navy for this program. It provides a positive outlet for us and helps foster a good relationship with the public and the Navy," Weisnberg said. In addition to visiting *Pearl Harbor*, NASA representatives surveyed other ships, airports, local bases and naval facilities as potential support areas for the Constellation program.

See NASA, 8

LEGAL LESSONS

By David Britton Peel  
Attorney at Law  
www.coleandpeel.com

I HAVE TO PAY MY INSURANCE BACK?

If you are injured in an accident through the fault of someone else, and your health insurance pays your bills, you will likely have to pay them back from your settlement. This is called "Subrogation."

Subrogation is a legal concept that allows someone who covers the cost of your injury or property damage to eventually recover those payments back from the person legally liable for your injury or property damage.

For example: If your health insurance pays your medical providers for your treatment following an automobile accident—and someone else was at fault for the accident—your health insurance is legally entitled to be reimbursed by the person at fault (or his or her insurance company).

**Question:** Can my health insurance make me pay them back for bills they paid?  
**Answer:** Yes! If your company pays bills, such as medical bills or car repairs, it is entitled to get paid back by the party responsible for the accident. This right of recovery is called subrogation. They may try to cancel your coverage or even sue you, if you refuse.

**Question:** If I (or my employer) paid for insurance coverage, shouldn't my health insurance have to pay my bills no matter what?  
**Answer:** Court cases have said that a person can't collect twice for the same claim. This is called the "unjust enrichment" doctrine. You already know that you can't have your auto damage paid twice, once by your health insurance and once by the at fault insurance company. The medical bills paid on your behalf usually will need to be reimbursed by the at fault insurance company to the insurance that paid them originally.

**Question:** If my company pays for my vehicle damage, can they collect that amount from the at fault party's insurance company? What about my deductible?  
**Answer:** Yes, they can. Your auto insurance company sends a notice of subrogation to the other company for the amount it paid. Your company will usually include your deductible amount to return it to you.

Your insurance company will expect, and is entitled to, your full and complete cooperation. This means you cannot interfere with your insurance company's attempt to recover payments made on your behalf. You must notify your insurance company in advance if you intend to agree to a settlement with the person at fault or their insurance company. This will insure you do not jeopardize your company's right to subrogation. These obligations should not interfere with your right to receive first consideration when it comes to receiving your benefits and full payment for the injury and damages you suffer.

The good news is that injury lawyers can often reduce or eliminate your subrogation. Recently, a friend from church had a \$25,000 offer, but \$24,000 to pay back to health insurance. He would wind up with only \$1,000.00. But, by God's grace, we were able to negotiate away this subrogation claim, so even after my one third fee, he received over 16,500.00 tax free! It pays to seek advice.

— David Britton Peel is a Millington attorney who primarily handles serious injury, death and disability cases, along with closings and wills. If you would like to contact Mr. Peel, you may do so at 901-872-4229 or at dpeel@bigriver.net. Mr. Peel is also available to speak to your church or club.

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# DOD MAKES CHANGES TO QUALIFICATIONS FOR TRICARE RESERVE SELECT

SPECIAL RELEASE FROM THE U.S. DEPARTMENT OF DEFENSE

The Department of Defense recently announced the eligibility determination period for the new Tricare Reserve Select (TRS) program, and as a result, every member of the selected reserve will now have the option to purchase their health coverage from Tricare.

Health coverage for selected reserve members who want TRS and complete all the required steps begins Oct. 1. The new TRS program eligibility determination period runs from July 1 through Sept. 25.

TRS is a premium-based, three-tier Tricare health plan for certain selected reserve members and their families that is authorized under section 1076(b) and (d) of Title 10, U.S. Code.

Selected reserve members must work with their

service personnel offices to determine which one of three TRS tiers they qualify for. They must have their eligibility verified by their service personnel office and complete the Department of Defense Form 2895, "Agreement to Serve in the Selected Reserve for Tricare Reserve Select" before they can submit their application to purchase TRS coverage.

Only qualified selected reserve members may submit an enrollment form with the first month's premium payment to purchase coverage. Service members can review TRS program eligibility requirements at [www.defenselink.mil/ra/](http://www.defenselink.mil/ra/).

For additional information about the TRS benefit for members of the selected reserve, including open enrollment dates for TRS tiers two and three, visit [www.tricare.osd.mil/reserve/reserveselect/index.cfm](http://www.tricare.osd.mil/reserve/reserveselect/index.cfm).

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# Big smile for mom

NCC Robbie Faye Penn Bledsoe and family exit through sideboys at her retirement ceremony held at the NSA Mid-South Chapel on July 14. Bledsoe retired after serving 21 years. (Photo by MC1 Brian D. Forsmo)

## Service members encouraged to purchase renters' insurance

BY STEVEN DONALD SMITH  
AMERICAN FORCES PRESS SERVICE

With hurricane season in full swing, military officials are encouraging service members who don't own their own homes to purchase renters insurance to protect their personal property.

"Hurricane season is now upon us. We urge you, particularly if you live in an area prone to nature's fury, to examine how prepared you are to protect your family financially," Air Force Secretary Michael W. Wynne said in a recent letter to Airmen regarding personal financial management. Wynne said one of the lessons learned from the 2005 hurricane season is that it is important to assess insurance needs sooner rather than later. "Too many of our teammates, including retirees, were caught unprepared and now are bearing an avoidable financial burden," he said. "All Air Force members, whether living on base or off, should consider their family's needs for adequate personal property (renters) insurance." Wynne said Airmen should make a detailed inventory of their personal property and also should consider purchasing flood insurance, which is not part of standard homeowner or renter insurance policies. "Chance favors the prepared," he said. The commandant of the U.S. Coast Guard also sent out a message to all Coast Guardsmen urging them to protect their property with insurance.

### DEFY

CONTINUED FROM 1

American Idol). For Erykah Freeman, a second grader at Shady Grove Elementary School, the dancing continued the following day, as she had lost a tooth the night before and the tooth fairy left Erykah her wings. She wore them proudly the following day, except during the sports because one of the mentors suggested she take them off.

Youth aren't just participants in the program, though - they also serve as mentors themselves. Garrett noted that part of the success for the Millington DEFY program belongs to their exceptional junior staff members (JSMs), high school students who have been through the DEFY program previously and return to assist as mentors. "These are some of the best JSMs in the program," he said.

One participating JSM is Chris Bositch, a tenth grader at Memphis Catholic High School. For Chris, becoming a JSM was simply because he likes working with kids. "That's my job - playing with kids," he said. "When I found out I was able to work with kids, I signed up."

The DEFY program not only gives the

As a result of hurricanes in 2005, Coast Guard members living in government housing filed more than 650 personal property claims totaling almost \$700,000 in damages. The amount paid via the Coast Guard claims process is typically a fraction of the actual cost to replace damaged items, Coast Guard officials said. Insurance providers such as GEICO and USAA also strongly recommend service members get renters insurance. Most policies cover renters of all types, including those living in apartments, dorms or base housing. "Renters insurance has become a high priority communication for senior military leaders," Michael Kelly, USAA executive director of military communications, said. "In addition, the Navy is now requiring those occupying military housing to sign a form stating they were advised of the need for renters insurance prior to occupying military housing." Renters insurance is relatively inexpensive compared to the amount of property that could be lost due to severe weather, Judy Davis said, director of GEICO's homeowners sales department. Davis also pointed out that most renter policies are easily transferable from state to state with a simple phone call. This is especially helpful to service members since they frequently relocate, she said. "When you move within the United States, you don't have to take out another policy. You simply report a change of address to us and update all the information," Davis said. "I think that's important to military because many of them move a lot."

Service members having personal financial

kids a chance to exercise and learn about the harmful effects of drugs, but for the adults to reminisce about playing the games when they were kids. IT1 Wandra Cosby shares her reason for becoming involved with DEFY. "I just got involved about a month ago. I thought it would be good. I'm a youth minister at my church," she said. "I always wanted to do the DARE program when I was a police officer, but I never got a chance. So far, I see and love what I do."

PS2 Jessica Burkhart, the camp's coordinator, shares this same view. "I love seeing the smiles that they have after they've played because I planned all the games," she said. "The fun that they're having is probably the best part."

She also explained the overall reason that DEFY is in existence - "to keep them informed of what's out there and keep them off it," she said.

Students will have an opportunity to come back next year as well to learn more about staying off drugs and turning to more healthful alternatives. "This is my first time," said Heather Yaneris, a seventh grader at Millington Middle School. "I'm planning to come back next year to be a mentor."

### Quotas

CONTINUED FROM 1

FY06 are Quartermaster at 20.61 percent opportunity and 27 quotas, down from 69.79 percent and 152 quotas. Also declining is Yeoman (GRP2), having just 8.73 percent opportunity and 29 quotas, dropping from 32.82 percent and 148 quotas the previous cycle.

Sailors looking for help studying for advancement exams can access the Advancement Exam Strategy Guide (AESG) provided by the Naval Education and Training Professional Development and Technology Center (NETPDTC) at <https://www.advancement.cnet.navy.mil/study/asg/sailor/>. This computer-based tool provides insight into the advancement system, exam development and exam preparation strategies. It also gives specific information for each rating, with links to bibliographies, a master reference list, as well as topics and sub-topics for each pay-grade.

A complete list of quotas will soon be available online at <http://www.npc.navy.mil>.

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# Great Lakes has new formula for fitness

By EVA KOWALSKI  
GREAT LAKES TRAINING SUPPORT CENTER PUBLIC AFFAIRS

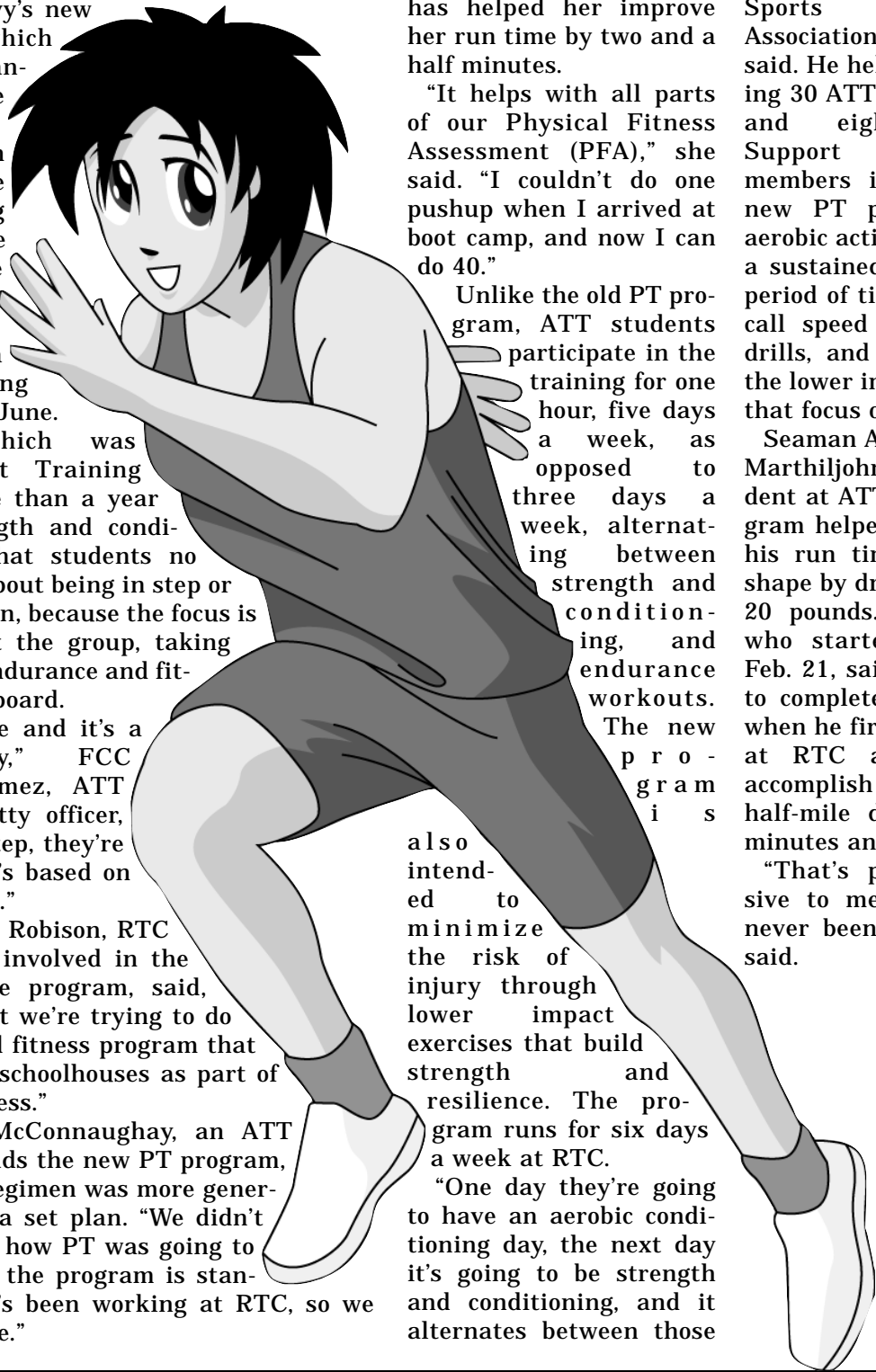
In line with the Navy's new culture of fitness, which aims to heighten standards and promote healthier choices, more than 600 students in the Apprentice Technical Training (ATT) course at the Center for Surface Combat Systems Learning Site, Great Lakes, Ill., started a new physical training (PT) program in early June.

The program, which was launched at Recruit Training Command (RTC) more than a year ago, focuses on strength and conditioning and means that students no longer have to worry about being in step or doing pushups in unison, because the focus is on the individual, not the group, taking into account varying endurance and fitness levels across the board.

"It's a different style and it's a different mentality," FCC (SW/AW) Robert Gomez, ATT staff leading chief petty officer, said. "They're not in step, they're not calling cadence; it's based on their individual efforts."

HTC (SW/AW) David Robison, RTC PT director, who was involved in the implementation of the program, said, "Starting at RTC, what we're trying to do is build a standardized fitness program that will carry over to the schoolhouses as part of the new culture of fitness."

ET1 (AW) Daniel McConaughay, an ATT instructor who also leads the new PT program, said the previous PT regimen was more general and did not follow a set plan. "We didn't have a set schedule of how PT was going to be done, whereas now the program is standardized," he said. "It's been working at RTC, so we expect it will work here."



Students attest to the benefits. Seaman Apprentice Erynn Morris said the new PT program has helped her improve her run time by two and a half minutes.

"It helps with all parts of our Physical Fitness Assessment (PFA)," she said. "I couldn't do one pushup when I arrived at boot camp, and now I can do 40."

Unlike the old PT program, ATT students participate in the training for one hour, five days a week, as opposed to three days a week, alternating between strength and conditioning, and endurance workouts. The new program also intends to minimize the risk of injury through lower impact exercises that build strength and resilience. The program runs for six days a week at RTC.

"One day they're going to have an aerobic conditioning day, the next day it's going to be strength and conditioning, and it alternates between those

two," MM1 (SW) Mike Nisbet, RTC PT liaison, a certified fitness trainer through the International Sports Scientist Association in San Diego, said. He helped in qualifying 30 ATT staff members and eight Training Support Center staff members in leading the new PT program. "The aerobic activities might be a sustained run for a set period of time or what we call speed and sprinting drills, and then we have the lower impact exercises that focus on strength."

Seaman Apprentice Kyle Marthiljohni, also a student at ATT, said the program helped him improve his run time and get in shape by dropping close to 20 pounds. Marthiljohni, who started boot camp Feb. 21, said he struggled to complete the PFA run when he first attempted it at RTC and now can accomplish the one-and-a-half-mile distance in 11 minutes and 30 seconds.

"That's pretty impressive to me, because I've never been a runner," he said.



## Recognizing 35

Navy Lodge Associate Alma Payne receives a commemorative plaque, certificate, and command coin from NSA Mid-South commanding officer, Capt. Matt Straughan, in recognition of her 35 years of service with the Navy Lodge program. (Photo by Art Frith)

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### Hostages

CONTINUED FROM 1

me a lot of questions regarding the video and I told them 'You're not going to believe this story, but I'm telling you it really happened.' He said there were actually three videos made before the final product was seen world-wide. "The first was tossed because the "director" didn't like me showing the three zip ties on my hands. So, they cut them and started again, telling me to rub my hands and look more upset as the script called for me to do," Hallums recalled. And, as he explained, his performance wasn't the only problem. "The guy with the script and director argued about control of the taping. The director didn't like the script guy stopping the taping, saying 'I'm in charge here. Don't you be stopping him while he's talking. If I'm happy with it, let him go on.'"

What kept his sanity during those 311 days in captivity, with his being the first one taken by his captors and the last one to leave? "All I could do is to keep hoping and took things one day at a time. I had something to eat and drink for breakfast and maybe I'll get something for dinner." He went on saying, "You can't think about what

might happen tomorrow, next week, or next month. Then you'd get depressed and thinking 'Maybe I'll be dead next week.' So, you just tell yourself 'I'm okay today and maybe I'll be okay tomorrow' day after day.

As far as the identity of his rescuers, Hallums doesn't know which unit they were from. Four helicopters were involved in his rescue that maneuvering in an area the size of a small yard. "The soldiers repelled down lines from the helicopters into the courtyard of the house and that's when the guys in the house took off running," Hallums said.

"When they came into the room and I saw them, I asked 'Who are you guys with?' and they replied, 'The Army.'" He added, "It's a total miracle that I got out of there alive."

Would he do it again, return to his old job and work in Iraq? Hallums smiled and shook his head saying, "No. I don't think so. Besides, my sister told me I can't go back there, again."

In spite of everything that happened to him, he still has a sense of humor. Hallums said, "I'm not any more nuts now than I was before the kidnapping, as far as I know."

The event was hosted by

the Naval Criminal Investigative Service, the FBI and the U.S. Attorney's Office for the Western District of Tennessee.

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In the unlikely event that you do not have a silly grin from ear to ear when you land, there's no obligation. And you'll still have bragging rights for an experience that few have ever known. We can probably schedule your first flight one day this week during your lunch break - or after work. Instructors are also available during the weekend. Call the Club office for more information.

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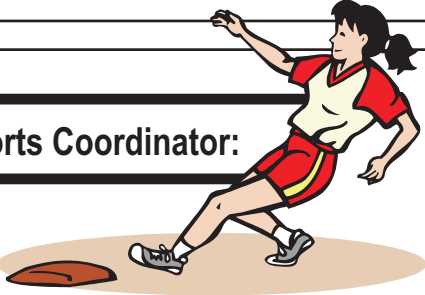
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From the Intramural Sports Coordinator:

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### Intramural Co-ed Softball League

This is an Intramural Sport that generates Captain's Trophy Participation Points; therefore teams must be formed from members of individual Commands, units or competitive codes. Teams must also be formed with at least 5 female and 5 male. So get your squads identified to represent your command, unit or code and turn in your roster or rosters no later than Thursday, July 20. You can bring your team roster to the Athletic Office at the N-82 Gym, Fax to 874-5409 or e-mail to [Apruitt@nsams.navy.mil](mailto:Apruitt@nsams.navy.mil). There will be coaches meeting on Friday, July 21 at 11a.m. at the N-82 Gym with play to begin on Tuesday, July 25.

### Navy Dodge ball

Sign up no later than Friday, July 21. There will be coaches meeting on Monday, July 24 at 11a.m. at the N-82 Gym with play to begin on Tuesday, July 25. If you have any questions or need further information please contact Amy at 874-5383.

### Employment opportunities

BULLETIN NO: 06-06  
TITLE: Recreational Aide  
POSTING DATE: 06 July 06  
CLOSING DATE: Open Until Filled  
SALARY: \$7.00  
CATEGORY: Flexible (10 Positions)  
GRADE AND JOB NUMBER: NF-0189-01  
DEPARTMENT: Southside Grill  
HOURS: Various  
AREA OF CONSIDERATION: Open

MAJOR DUTIES AND RESPONSIBILITIES:  
The incumbent of this job serves as cashier for the Southside Grill. Incumbent takes orders, collects payment and issues orders to customers in a fast food environment. Incumbent operates cash register and is responsible for change fund accountability. May operate a drive thru window. Cleans, scrubs, wipes or washes service equipment such as counters and service lines.

Knowledge, Skills, and Abilities: No specific education is required. Previous cash handling experience is desired.

BULLETIN NO: 05-06  
TITLE: Food Service Worker  
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CLOSING DATE: Open Until Filled  
SALARY: \$7.97 - \$9.27  
CATEGORY: Flexible (10 Positions)  
GRADE AND JOB NUMBER: NA-7408-02  
DEPARTMENT: Southside Grill  
HOURS: Various  
AREA OF CONSIDERATION: Open

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Hash browns or Grits... Toast or Biscuit	
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*All Breakfast choices come with your choice of sausage, bacon or ham.*

### Lunch

Hot Dog	\$2.00	Combo \$3.25
Hamburger	\$3.25	\$4.50
Cheeseburger	\$3.50	\$4.75
Chicken breast	\$3.50	\$4.75
Chicken Philly	\$4.25	\$5.50
Beef Philly	\$4.25	\$5.50
Club Sandwich	\$4.00	\$5.25
French Fries	\$1.00	\$1.00
Onion Rings	\$1.50	\$1.50
Combo includes French Fries and drink		



**Call 874-5415 for  
Daily Lunch Specials  
and get your  
order TO-GO!**

### Grille Daily Specials

**Thursday, July 20**  
*Chef Salad*  
**Friday, July 21**  
*Fried Catfish or Shrimp*  
**Monday, July 24**  
*Open Face Roast Beef Sandwich*  
**Tuesday, July 25**  
*Smoked Chicken*  
**Wednesday, July 26**  
*Baby Back Ribs*  
**Thursday, July 27**  
*Spaghetti*  
**Friday, July 28**  
*Fried Catfish or Shrimp*



# Morale, Welfare and Recreation

## Looking for summer fun? Stop by ITT!

For more information or tickets stop by Information, Tickets and Travel Office, in the Helmsman Complex Bldg. S-760 Navy Mid- South or call (901) 874-5652/5455, 1-800-779-4252.



### Malco Movie Vouchers

Purchase several in advance! And save on family outings to the movies. Vouchers good for all unrestricted movies (movies released for 2 weeks). Visit [www.malco.com](http://www.malco.com) for theater show times.

Show Admission - \$6.00

Concession Combo pass (free refills) \$6.50

### Memphis Zoo

A must see attraction for every family to explore. See Cat Country, Primate Canyon, Animals of the Night, Once Upon a Farm, Tropical Bird House and so much more. For more information call (901) 276-WILD

Adult \$11.25 - Child \$7.00 (2-11 yrs)

### Comedy Tennessee tickets

Comedy Tennessee features live stand-up comedy every Thursday night at 8:30 p.m. showcasing comedians as seen on Letterman, Showtime, Comedy Central and more! Tickets are not dated. Go any Thursday. Comedy, TN located at Neil's Showroom at 1835 Madison Ave. Show Admission - \$4.75



**Nashville Shores:** 8 huge water slides, Tropical Suntan Lagoon, The Wacky Pond, The Aqua Park, Paddle Boat Rides, miniature golf, and white sandy beaches. Nashville Shores has plenty of Wet & Dry activities and fun for all ages. ITT has your discount ticket: \$16 Buy One Get One Free! Regular price: \$23.98 each

	ITT Price	At the Gate
Six Flags St. Louis	\$28.00	\$48.50
Six Flags Over Georgia	\$30.00	\$53.00
White Water	\$25.00	\$36.50
Six Flags Fiesta Texas	\$28.00	\$50.81
Magic Springs (Free to Active Duty with picture ID)	\$26.00	\$41.98

**Do you want to get out and play Golf, but don't have anyone play with?**  
**Well that's not a problem during**  
**Glen Eagle's Ladies Tuesday Evening Golf**

Ladies of all skill levels are welcome to enjoy Tuesday evenings on the links.  
Every Tuesday at 5 p.m.  
Cost: \$10 for 9 holes (includes cart)

For more information call (901) 874-5168.



## Competitors dust off recipes for September BBQ Contest

It's the middle of the summer and a great time to dust off your favorite BBQ recipes and prepare to present your best at the MWR Annual Base Championship Barbecue Cooking Contest in September. This contest is run in conjunction with this year's Memphis-In-May (MIM) Sanctioned Smokin' by the Lake BBQ Cooking Contest Sept. 22 and 23 at Navy Lake.

This portion of the BBQ Contest will be totally separate from the MIM

sanctioned event. Deadline for entries is September 19, 2006. Why participate? Out of pride for your culinary talents and the impressive trophies that will be awarded.

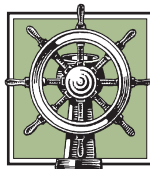
Judging: All judging will be 100% blind judging. No judge will be allowed to know who cooked/prepared any product. No team will be allowed to know who judged their product. All product will be judged on appearance, texture, aroma and taste. Judging will begin at 1 p.m. on Friday,

September 22.

Presentation: The contestant can choose whether to garnish or not garnish their samples of entries, and may make the presentation to the judges with or without sauce. (Note: Sauce will be judged separately from the other two categories.) Only Charcoal or Wood Cookers allowed. NO GAS or ELECTRICITY!

For more information call Jim Morgan (901) 508-1924 or Billie Jean Naccarato (901) 508-1982.

## ... Dining...



### at the HELMSMAN COMPLEX

Bldg. S-760 Navy Mid-South...for information call 874-5132

**Join us for lunch and more!**  
**Lunch served 10:30 a.m.-1 p.m.**  
**Monday - Friday**

(See calendar below for daily buffet entree menu.)

## \$5<sup>25</sup> Value Spotlight

### Daily Plate Lunch special

Your choice of one of the entree items from the buffet, one starch, one vegetable and a side salad or cup of soup with rolls plated from the buffet selections by your server.



**Call 874-5356**  
**and get it "to go"!**

### July A-La-Carte Lunch Specials

#1 Chicken or Tuna Salad .....	\$ 5.25
#2 Mandarin Chicken Salad .....	\$ 5.00
#3 Hamburger Club .....	\$ 5.00
#4 Chicken Philly Sub .....	\$ 5.25

## Mongolian BBQ

**Friday, July 21**  
**5 - 8 p.m.**

An array of meats, vegetables and sauces cooked to your liking served with rice and rolls. Choose ... turkey, pork, beef, shrimp, green cabbage, bean sprouts, water chestnuts, celery, red/green and white onions, bamboo shoots, snow peas, carrots, mushrooms, pineapple and jalapeno peppers.

Cost: 60 cents per oz.

## SUNDAY CHAMPAGNE BRUNCH

**August 20, 11 a.m.- 1:30 p.m.**

Menu includes  
carved top round of beef au jus, Tennessee pit smoked ham, southern fried chicken, mashed potatoes with gravy, candied yams, green beans, corn Obrien, eggs cooked to order, sausage, bacon, grits, hash browns, French toast, biscuits, rolls, coffee, tea, orange juice, and champagne.

**Adults \$8.95**  
**Children age 5-10 half price**  
**Children under 5 eat free**

## IN THE COMING WEEK!

## JULY 20- 29, 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>Enjoy a <b>FREE</b> picture show in our 36-seat movie theater.</div><div>Popcorn and snacks available. All shows start at 7 p.m. unless otherwise specified.</div><div>Ellison Recreation Center is open to active duty, retired, reserve military members, DoD employees and their family members. Patrons must be 18 years or older to attend.</div></div>				<div><div>Helmsman Lunch Buffet <b>20</b> Roast Beef Pit Smoked Ham</div><div>Intramural Coed Softball rosters due today.</div><div>Intramural Dodgeball rosters due tomorrow. Call 874-5188 for info.</div><div>Free Movie 7 p.m. at the Ellison Rec. Center Starship Troopers -R</div></div>	<div><div>Helmsman Lunch Buffet <b>21</b> Fried Catfish Fried Shrimp</div><div>TEXAS HOLD 'EM POKER Every Friday Sign in begins at 5 p.m. 1st session of play begins at 6 p.m. 2nd session of play begins at 9 p.m.</div><div><div>BINGO 4-10 p.m. Bingo Hall!</div></div><div>Free Movie 7 p.m. at the Ellison Rec. Center Take the Lead -PG 13</div></div>	<div><div>Ballet, Jazz and Tap Class <b>22</b> every Sat. 8 a.m.-12 p.m. at the Conference Center</div><div><div>FAMILY MOVIE DAY! Ellison Rec. Center 1 - 4 p.m. (Movie begins at 1:30 p.m.) Mulan-G</div></div><div>Free Movie 7 p.m. at the Ellison Rec. Center Thank you for not Smoking -R</div></div>
<div><div>23</div><div><div>Group Fitness Classes are offered Monday-Saturday at Joe Dugger Call 874-5497 for information</div></div><div>Free Movie 7 p.m. at the Ellison Rec. Center V for Vendetta -R</div></div>	<div><div>Helmsman Lunch Buffet <b>24</b> Build your own Hamburger/Hot dog bar</div><div>New! Yoga Class Every Monday and Wednesday 5:30 p.m.-6:30 p.m. at Joe Dugger</div><div>Free Movie 7 p.m. at the Ellison Rec. Center 16 Blocks - PG 13</div></div>	<div><div>Helmsman Lunch Buffet <b>25</b> Roasted Pork Loin Broiled Fish</div><div>Glen Eagle's Ladies Tuesday Evening Golf Every Tuesday starts at 5 p.m. Cost: \$10</div><div><div>BINGO 4-10 p.m. Bingo Hall!</div></div><div>Free Movie 7 p.m. at the Ellison Rec. Center Just My Luck - PG 13</div></div>	<div><div>Helmsman Lunch Buffet <b>26</b> Southern Fried Chicken Beef Tips with Wine Sauce</div><div>New! Yoga Class Every Monday and Wednesday 5:30 p.m.-6:30 p.m. at Joe Dugger</div><div>Family Recreation Night 5:30-7 p.m. at Youth Center Call 874-5155 for details!</div><div>Free Movie 7 p.m. at the Ellison Rec. Center The Wild - G</div></div>	<div><div>Helmsman Lunch Buffet <b>27</b> Roast Beef Pit Smoked Ham</div><div>Free Movie 7 p.m. at the Ellison Rec. Center Larry the Cable Guy: Health Inspector -PG 13</div></div>	<div><div>Helmsman Lunch Buffet <b>28</b> Fried Catfish BBQ Pork</div><div>TEXAS HOLD 'EM POKER Every Friday Sign in begins at 5 p.m. 1st session of play begins at 6 p.m. 2nd session of play begins at 9 p.m.</div><div><div>BINGO 4-10 p.m. Bingo Hall!</div></div><div>Free Movie 7 p.m. at the Ellison Rec. Center Lucky Number Slevin - R</div></div>	<div><div>Ballet, Jazz and Tap Class <b>29</b> every Sat. 8 a.m.-12 p.m. at the Conference Center</div><div><div>FAMILY MOVIE DAY! Ellison Rec. Center 1 - 4 p.m. (Movie begins at 1:30 p.m.) Home Alone 2 - PG</div></div><div>Free Movie 7 p.m. at the Ellison Rec. Center Scary Movie 4 - PG 13</div></div>





The dock landing ship USS Pearl Harbor (LSD 52) serves as a floating command center for visit, board, search and seizure operations while underway in the Persian Gulf. (Photo by MC3 Randall Damm)

NASA

CONTINUED FROM 3

Pearl Harbor, a dock-landing ship, was commissioned in 1998. It has the capacity to hold 365 crew members and more than 500 Marines. The ship, which is currently in Depot Maintenance Availability at NASSCO shipyards, is regularly employed to transport Marines to various trouble spots in the Western Pacific region.

Two new IT options for college afloat courses

By MC1 (SW/AW) JOHN OSBORNE  
NAVAL PERSONNEL DEVELOPMENT  
COMMAND PUBLIC AFFAIRS

The Center for Personal Development (CPD) has launched two new Education Mobile Technology initiatives to further assist deploying sailors in pursuing their education.

The first initiative began in March 2006 and involves 47 students currently enrolled in a Navy College Program for Afloat College Education (NCPACE) Personal Digital Assistant (PDA) pilot program with Central Texas College/Coastline Community College. This pilot allows students to review and work on course content whenever and where ever they desire. The second initiative entails distribution of 660 laptop computers to afloat sailors that are within the E-8 zone and eligible for promotion in fiscal year 2011. "This started with the idea that sailors at sea may be disadvantaged because they don't have computers or Internet access," Capt. William Dewes, CPD's commanding officer, said. "We want to ensure that every sailor in a deploying unit has the ability to do distance learning courses."

Dewes said 47 students from more than a dozen deploying commands are involved in the PDA pilot. The courseware is loaded onto the PDA and each student is given his or her own PDA for the class duration. The course is interactive, including a video of the professors lecturing. Text books are loaded on the PDA in their entirety, and there are also PowerPoint presentations and quizzes. The courses currently offered under this (PDA) pilot are English,

government, biology, psychology and various math classes. Every course requires an exam, which must be proctored. Eligibility for PDA enrollment is contingent upon the successful completion of a previous NCPACE distance learning course.

Dewes said one of the greatest benefits of the PDA program is that sailors can work on their classes virtually any time or place on the ship. "Because the PDA is small, it has been very popular on the small spaces of the ship," he said. "Take a submarine for example. For several reasons you'll never have room for an instructor, but you do have room for a PDA. sailors can work on their courses in the chow line or any corner of the ship." The second initiative will make 660 laptops available to assist sailors in fulfilling the requirement of earning an associate's degree for promotion to senior chief. sailors can check out a laptop from a Navy College Office (NCO) and load different courseware for use, and even though not all NCOs will have the computers on hand, sailors can request one be ordered for them. "Currently, the requirement for an associate's degree for promotion to senior chief affects about 35,000 people, but in time the number will shrink as people make different career choices," Dewes said. "The Navy bought the laptops and we intend to use them until they break. It's a gap filler, because in time the Navy expects sailors to get access through distance support servers on ships."

For more information on programs offered by CPD, by logging on to the CPD Web page on Navy Knowledge Online (NKO) or by calling (877) 253-7122.

The gift of life

(NOW TAKING DONATIONS)



Give the gift of life, as the sailors shown are doing. LifeBlood will be onboard NSA Mid-South taking donations. See today's Calendar of Events for times and locations. (Photo by Art Frith)

EMPLOYEE PRICING PLUS

Jeep

Now everyone gets our employee price<sup>[1]</sup>

PLUS - \$2,500 Cash Allowance<sup>[2]</sup> on select models

PLUS - \$500 Jeep Military Bonus<sup>[3]</sup>

PLUS - Our 30-day Return Program<sup>[4]</sup>

JEEP LIBERTY SPORT

Base MSRP <sup>[5]</sup>	\$21,950
Employee price	\$20,138
Cash allowance	-\$2,000
Military cash allowance	-\$500

Employee price after cash allowance **\$17,638**

JEEP COMMANDER

Base MSRP <sup>[5]</sup>	\$28,235
Employee price	\$25,390
Cash allowance	-\$2,000
Military cash allowance	-\$500

Employee price after cash allowance **\$22,890**

JEEP GRAND CHEROKEE

Base MSRP <sup>[5]</sup>	\$28,110
Employee price	\$25,222
Cash allowance	-\$2,000
Military cash allowance	-\$500

Employee price after cash allowance **\$22,722**

JEEP WRANGLER

Base MSRP <sup>[5]</sup>	\$19,050
Employee price	\$17,371
Cash allowance	-\$500
Military cash allowance	-\$500

Employee price after cash allowance **\$16,371**



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[1] Excludes SRT and 2007 models. Prices include \$75 administration fee. See participating dealer for details. [2] \$500-\$2,000 depending on model. Cash allowance is in lieu of 0% APR financing. [3] Customer responsible for 5% restocking fee, \$.50 per mile driven and all financing and insurance charges. Retail sales only. One return per customer. Vehicle must be returned to dealer in good, undamaged condition within 30 days. Trade-ins are not eligible. See participating dealer for details. [4] Current and retired military personnel, veterans and their immediate family members receive an additional \$500 military bonus on the purchase or lease of a new Jeep vehicle. Must present current military ID, retirement or discharge papers at time of purchase. To be eligible, retirees must have had at least 20 years of service. See your dealer for details. [5] MSRP excludes taxes and title. "SIRIUS" and the SIRIUS dog logo are registered trademarks of SIRIUS Satellite Radio Inc. Jeep is a registered trademark of DaimlerChrysler Corporation.



BUCKLE UP